Children's Hospital School Leicester

'Better Together'

Youth MHFA

Mental Health First Aid to support young people

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

MHFA offers a range of courses tailored for people who teach, work, live with and care for young people aged 8 to 18. The courses can be attended by anyone from age 16 upwards. Each and every MHFA England course is delivered by a quality assured Instructor Member.

What will I learn?

The course provides a more in depth understanding of specific mental health issues and is delivered in four manageable chunks:

- What is mental health?
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

The course focuses on the issues faced by young people today, such as cyber bullying and substance misuse, and teaches how to promote protective factors and good parenting. The course will increase awareness around young people's mental health. Allowing you to develop practical skills to identify a range of mental health issues and support a young person to get the help they need. Completing the 2-day course qualifies you as a Youth Mental Health First Aider

Facilitator: Lorraine Biddle, MHFA Accredited Instructor – Head of School The Beacon CAMHS unit

Dates:	**10th / 11th February 2022 or 12th / 13th May 2022**
Time:	**8.45am arrival for a 9.00am start – 5.00pm finish**
Venue:	**Soar Valley College, Gleneagles Avenue, Leicester LE4 7GY**
Cost:	**£250 per person including resources and refreshments**

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Please click on our Eventbrite link below for available dates and to make a booking:

The Children's Hospital School Events | Eventbrite

We are also able to deliver this 2-day course in your school or trust. For further details and to discuss costs, please email:

training@childrenshospitalschool.leicester.sch.uk

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